



# HOLIDAY RECIPES

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## **Baked Chicken Strips**

(from Dining with Diabetes Recipes)

Makes 4 Servings

### **Ingredients**

#### Hot 'n Spicy Seasoning:

¼ cup paprika	1 teaspoon garlic powder
2 teaspoons chili powder	½ teaspoon red (cayenne) pepper
2 tablespoons dried oregano, crushed	½ teaspoon dry mustard
1 teaspoon black pepper	

Mix all ingredients together. Store in airtight container.

#### You'll need (For 4 persons)

4 Lean Boneless chicken breasts, 4 ounces each  
1 egg white  
¼ cup evaporated skim milk  
½ cup cornflake crumbs  
1 tablespoon Hot 'n Spicy Seasoning  
Nonstick spray coating

#### (For 2 persons)

2 chicken breasts  
1 egg white  
2 tablespoons evaporated skim milk  
¼ cup cornflake crumbs  
1 teaspoon Hot n' Spicy Seasoning

### **Directions**

1. Trim all fat from breasts and discard. Cut breasts into strips.
2. Beat egg white with evaporated skim milk. Place chicken strips in milk mixture. Let stand for 5 minutes, turning once.
3. Mix together cornflake crumbs and Hot n' Spicy Seasoning in plastic bag.
4. Remove strips from milk mixture. Drop in plastic bag and shake to coat thoroughly.
5. Spray a 13 x 9-inch baking pan with nonstick spray. Place strips in pan. Sprinkle all remaining crumb mixture on strips.
6. Bake at 375° for 15 minutes. Turn; bake 5 – 10 minutes more or until no pink remains.
7. Serve with your favorite dip – honey mustard, ranch, etc.

**Nutrition Facts**

Calories	205
Carbohydrate	13 g
Fat	6 g
Sodium	205 mg
Protein	24 g



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